

What to eat after completing the process of breaking fast

So, you've completed the process of breaking fast, and your entire digestive tract is empty. Something which has never happened since it was empty at birth. You've accomplished something very special, created a special environment in which the gut is totally cleaned. So now, we should be careful to give it the proper things to eat, things that it was designed for, things which it can digest really well. So here is one guideline which you can follow for the morning of breaking fast.

1. After completing the breaking process, it is good to have one liter of warm, pure water with no salt in it. This is for hydrating the body after not drinking for 36 hours.
2. After drinking the liter of pure water, wait until you are hungry to eat. That will happen when the stomach has emptied itself of the water you've drunk.
3. It is good to start eating with 1-2 bananas. These are easy to digest, yet will also allow one to slow down the gut and stop it from continuing to expel everything it has inside it as it was doing for the past couple of hours. Otherwise, if one were to eat an apple or an orange instead, it would tend to process it quickly and just continue the process of completely emptying itself. But now the body needs to digest and absorb the nutrients into the body. And eating one or two bananas will achieve this by shifting the work of the digestive tract back over to that of absorbing nutrients.
4. After that, take some other raw fruits and vegetables. These will be digested and absorbed now extraordinarily well. Yet they are light and will not unduly burden the gut as would heavier things like cooked rice, beans, etc.
5. Making your first meal after breaking fast a meal of raw fruits and vegetables is really, really good.
6. After that, when you again feel hungry, taking some cooked food such as rice with, if you like, boiled vegetables, is fine. Try as far as possible on breaking fast day though, to make it a day of completely following the ideal guidelines we've discussed earlier for eating in general-- that is, on this day especially: no oil, no salt. Just keep the food very pure, as you've completely cleaned out the digestive tract, and you should use this first day to provide your gut the purest and best foods you can provide.
7. Doing the practice described in #6 will: (a) be very, very good for you; (b) give you an opportunity to see what your digestive tract will do when it is really empty and is given the food it was actually designed for; (c) help to preserve the very pure state which has just been achieved in your digestive tract through the process of upavasa followed by the cleaning process you've just done.